Ottawa metro

MONDAY, SEPTEMBER 12, 2016

"Kia earns multiple awards for its product quality"

– New York Daily News

"Kia just accomplished something no automaker has done in 27 years"

– CNBC

"Kia ranked highest"

– The Globe and Mail

See what everyone's talking about at **kia.ca/topquality**

KIA

The Power to Surprise

We're delighted to announce that for the first time in 27 years, a non-luxury brand has achieved top quality scores in a major U.S. study. Kia Canada would like to thank our dealers, employees, families and especially our customers for your support and admiration. Your satisfaction is always our number one priority. To see our whole lineup of vehicles, visit **kia.ca.**

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MADE FOR [TOP QUALITY]

2016

SOUL

"Highest Ranked Compact Multi-Purpose Vehicle in Initial Quality in the U.S., Two Years in a Row"

2017

SPORTAGE

"Highest Ranked Small SUV in Initial Quality in the U.S."

For the 2016 Sportage

KIA

The Power to Surprise

A recent J.D. Power study in Initial Quality awarded the 2016 Kia Soul top honours for the second year in a row among all compact multi-purpose vehicles, while the 2016 Kia Sportage also took top spot among all small SUVs. More than ever, Kia is committed to building high-quality vehicles and maintaining an unsurpassed level of excellence in order to offer you the power to surprise. Visit **kia.ca/topquality** to learn more about our award-winning lineup.

The 2016 Kia Soul and Sportage received the lowest number of problems per 100 vehicles among compact MPVs and small SUVs, respectively, in the J.D. Power 2016 U.S. Initial Quality Study. 2016 study based on 80,157 total responses, evaluating 245 models, and measures the opinions of new 2016 vehicle owners after 90 days of ownership, surveyed in February-May 2016. Your experiences may vary. Visit jdpower.com. Kia is a trademark of Kia Motors Corporation.

Canadian institutions not banking on pot industry
metroNEWS

URBAN ETIQUETTE
How to deal with a co-worker taking all the credit
metroVIEWS

Ottawa metro

Your essential daily news | MONDAY, SEPTEMBER 12, 2016 | High 24°C/Low 13°C Sunny

AMERICAN HONEY
Not just Elvis Presley's granddaughter — she can act
metroLIFE

Tim Golding with his newly constructed library, soon to have paint and three levels for book. Inset: The little library, before renovations.
EVELYN HARFORD / FOR METRO

Hintonburg man spent Sunday rebuilding boxes for free books so it's no longer a 'danger,' according to the city
metroNEWS

'Baseball belongs in Ottawa'

CAN-AM LEAGUE

Fans feeling the love for Champions ahead of finals

Emma Jackson
Metro | Ottawa

Jane-Anne Dugas thought she hated baseball.

But as the Ottawa Champions attempt to live up to their name this week, Dugas has found herself a little hooked.

In only their second season, and with a squeaker of a winning record of 51-49, the Champions will battle for the Can-Am League championship title beginning this Tuesday at the RCGT Park in Ottawa.

Dugas will certainly be there, now that the team has charmed her into becoming a fan.

She first attended a game in June and discovered she actually liked baseball. Since then, she's attended about 10 more games.

Dugas even watches online.

"I just want to see them win," she said.

She's not alone. On Labour Day, 7,800 fans packed the 10,300-seat stadium — a sure sign that "baseball is here to stay," said Champions president David Gourlay.

But even when the stadium's not full — the season average was only about 2,500 tickets a game, same as last year — Champions fan Peter Schultz said the crowd is usually enthusiastic.

That's largely thanks to the team's mascot, Champ, who never runs out of high fives and often gives away free goodies during breaks.

"I bust a gut laughing at Champ guaranteed every game," Schultz said. "Whoever is in that outfit deserves a lot of credit."

Of course, 2,500 bums in seats isn't viable forever, Gourlay said. The team is looking for an average of more than 3,000 tickets a game over the next few years, and even higher in the long-term.

Clinching a spot in the finals is a "huge" step toward that goal.

"This is just an added element to the narrative that baseball belongs in Ottawa," Gourlay said.

The team will likely change hands this winter as Miles Wolff, the team's majority shareholder, makes room for local ownership.

The Champions have a 10-year lease at the city-owned stadium.

Orléans woman suspects animal cruelty after cat found dead metroNEWS

metro NEWS

Your essential daily news

Hillary Clinton's illness captures attention at 9-11 anniversary ceremony. **World**

Trans women flee Finland

LGBTQ RIGHTS

Couple opens home to family facing forced sterilization

Evelyn Harford
For Metro | Ottawa

From left, Amanda Jetté Knox, Emmi Jarvela, Helmi, Juliet Kivimaki, Zoe Knox at a "Welcome to Canada BBQ" hosted for the Finnish family in Ottawa. CONTRIBUTED

For Juliet Kivimaki, her wife Emmi Jarvela and their one-year-old daughter Helmi, there was no other option but to flee Finland so that Kivimaki could have a shot at living as her true self — a trans woman.

In order for Kivimaki to receive legal gender recognition in Finland, she has to agree to be sterilized.

In desperation, the family of three left Finland behind and found refugee with an Ottawa family who knows a lot about what it means to be trans, and in transition.

Amanda Jetté Knox and her wife, Zoe Knox, just came out as trans last year. The year before that, the couple's 13-year-old daughter, Alexis, came out as trans too.

"It's almost like a cycle," said Jetté Knox. "Every year in our house there's (a) new person … who's transitioning. Our family is two-thirds trans now."

Because of the common ground, it's been easy for the two families to become one.

"When you're living with another family that has another trans person in it there's no explanation required," said Jetté Knox. "We understand the good days, the bad days and the struggles and the celebrations.

"It's a very nice thing."

Before coming to Canada, Jetté Knox wasn't a stranger to Kivimaki. Kivimaki had read a blog post written by Jetté Knox about her own wife's coming out story titled, World, Meet My Wife, which unbeknownst to her, was printed in a Finnish newspaper.

After reading the article, Kivimaki got in touch with Jetté Knox about her story.

Jetté Knox said, at first she thought that Kivimaki's transition wouldn't be too difficult since she lived in Finland, a country that is generally seen as progressive.

"Everyone that I've talked to about Finland itself and the lack of trans rights have been shocked, completely shocked — and as was I," said Jetté Knox. "The more we talked, the more I found out that (Finland) is a really dangerous place to be trans."

In addition to forced sterilization, Kivimaki would also risk losing her parental rights to the couple's one-year-old biological child, Helmi. Jetté Knox said Kivimaki, if she wanted to transition in Finland, would have to adopt her own biological child, not as a parent but as a "caregiver."

> **This is really not a choice for her. This is who she is, this is who she's always been.** Amanda Jetté Knox

Finland's current legislation on "gender recognition" continues to "violate the rights of transgender individuals," according to Amnesty International's latest human rights report.

In Finland, a transgender person can only obtain legal gender recognition if they agree to be sterilized, are diagnosed with a mental disorder and are over the age of 18, according to the same report.

Knowing this, the family discussed their options and decided to leave their home, jobs and lives to come to Canada this July.

The two families first met in person at Toronto Pride in July, and shortly after Jetté Knox drove the eight hour round trip drive to Toronto to pick Kivimaki and her family to bring them to Ottawa, where they would have a tighter network and a place to stay.

Now in Canada, the couple is hoping to stay so that the Finnish family can enjoy the same freedoms the Knox family.

"This is really not a choice for her," said Jetté Knox. "This is who she is, this is who she's always been and … she just needs to live in (a) country where she can be allowed to be herself."

Jetté Knox set up a fundraiser to help cover the legal fees, and early transition costs the Finnish family is facing in their battle to remain in Canada.

So far the Knox family has raised over $3,500 for their Finnish guests.

Kivimaki was advised not to speak to the media directly since her bid to stay in Canada is currently ongoing.

EDUCATION

Rideau High students could be moved to Gloucester in 2017

Ottawa school trustees had to gather for a second night to handle discussions over school accommodation reviews that could lead to some school closures in the city.

The English public board trustees met on Sept. 9 to discuss the proposed Rideau High School closure, which is part of a eastern secondary review that included Gloucester High School and Colonel By Secondary School.

It's considered an urgent accommodation review because of the vast number of excess spaces between the three schools. Rideau and Gloucester both only at 45 per cent capacity.

The urgency comes from the lack of programming that can be offered with small student populations. Without enough students, the right combination of classes at different academic levels can't be offered. And the lack of variety can easily spill over into the extracurricular programs.

"I think it's tremendously important for students to have those choices and those opportunities," trustee Lynn Scott said at the meeting. "When a school gets down below 800 students, the difference is huge ... As much as I dislike closing schools, I think it's really, really important to make sure every school is big enough to support reasonable course choice."

Colonel By is doing well, with a large student population, primarily because of the International Baccalaureate program.

The board report said Rideau and Gloucester are having problems offering certain classes students are interested in.

The school board will continue to examine accommodations through a second phase of reviews, which will likely focus on feeder schools.

Public meetings for the review are scheduled for November 2016 and January 2017; trustees will vote on the report in February at committee and finalize the decision in March.

If all goes through as staff have recommended, Rideau students will consolidate with Gloucester students next September for the 2017-18 school year.

BRIER DODGE/METROLAND MEDIA

Scientist Andrew Pelling is behind a balloon installation coming to the ByWard Market this fall. EMMA JACKSON / METRO

PHacktory lab seeks zany ideas

SCIENCE

Lit balloon installation to take flight over ByWard Market

Emma Jackson
Metro | Ottawa

A new citizen street lab is taking the "pop-up" concept to new heights this fall.

On the evening of Oct. 1, visitors to the ByWard Market will be treated to a dazzling display of helium balloons — lit up by individual LED lights — floating over William Square.

It's a prototype of sorts, a precursor to what scientist Andrew Pelling hopes could someday become dynamic, shape-shifting buildings that respond to the humans who live and work inside them.

That kind of engineering could have practical applications for sustainability, safety, and even space exploration. But, for the moment, it's also just a chance to explore an out-of-the-box concept.

Working with local artist and architecture professor Manuel Baez, the 1,000-balloon installation will be launched off a nearby building, with ropes reaching down to the ground so spectators can shift the structure as they please.

"It inspires curiosity and playfulness and people can go in and experiment with it and learn how it operates," Pelling said. "This is all what PHacktory is about."

PHacktory is Pelling's new project, a street-level lab that will tackle everyday citizens' most audacious ideas — the ones no investor or funding agency would ever touch.

"You hear phrases like, 'Take risks, fail fast,' but when push comes to shove your investors don't want you to take risks, they don't want you to fail," Pelling said. "That's created a huge population of people who are scared to say their ideas because they think it's too crazy … and they don't have the tools to know how to go from the idea to a tangible outcome."

But Pelling does, and he's ready to share. He has a reputation for being a bit of a mad scientist already.

Pelling's the professor behind a notoriously unorthodox University of Ottawa physics lab which earlier this year grew human ear tissue — blood vessels and all — using an apple as its petri dish.

His lab also created wearable technology that can send hugs — real, physical hugs — over Twitter.

In December, TED named him one of the 21 most transformative people in the world for his out-of-the-box approach to science.

It was during one of these TED-related talks where the PHacktory lab was born.

In early spring, Pelling was lamenting to the audience that a university campus lab just doesn't offer the "cross-section of society" he needs to get diverse ideas. Most people don't just walk into university buildings — particularly physics buildings — unless they're already a student.

He mentioned how cool it would be to take his lab to the street.

By the end of the talk, he had a line-up of people looking to collaborate.

Once the lab is up and running, the most promising ideas will be put to the test with a carefully curated team of researchers.

As long as they hold a kernel of possibility, these seemingly nutty concepts could have the potential to change the world, Pelling said.

After three months, the idea could be promising enough to continue, or to shift focus. And if it turns out to be nothing?

"If it fails, it fails. It's OK," Pelling said. "If you're not failing, you're not learning."

PHacktory is currently crowdfunding for the $2,500 it needs to launch the balloon canopy installation, and CHEO and the Science and Tech Museum have come on board to help with this initial project, too.

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Animal cruelty suspected

ORLÉANS

Woman says cat's killing didn't look like animal attack

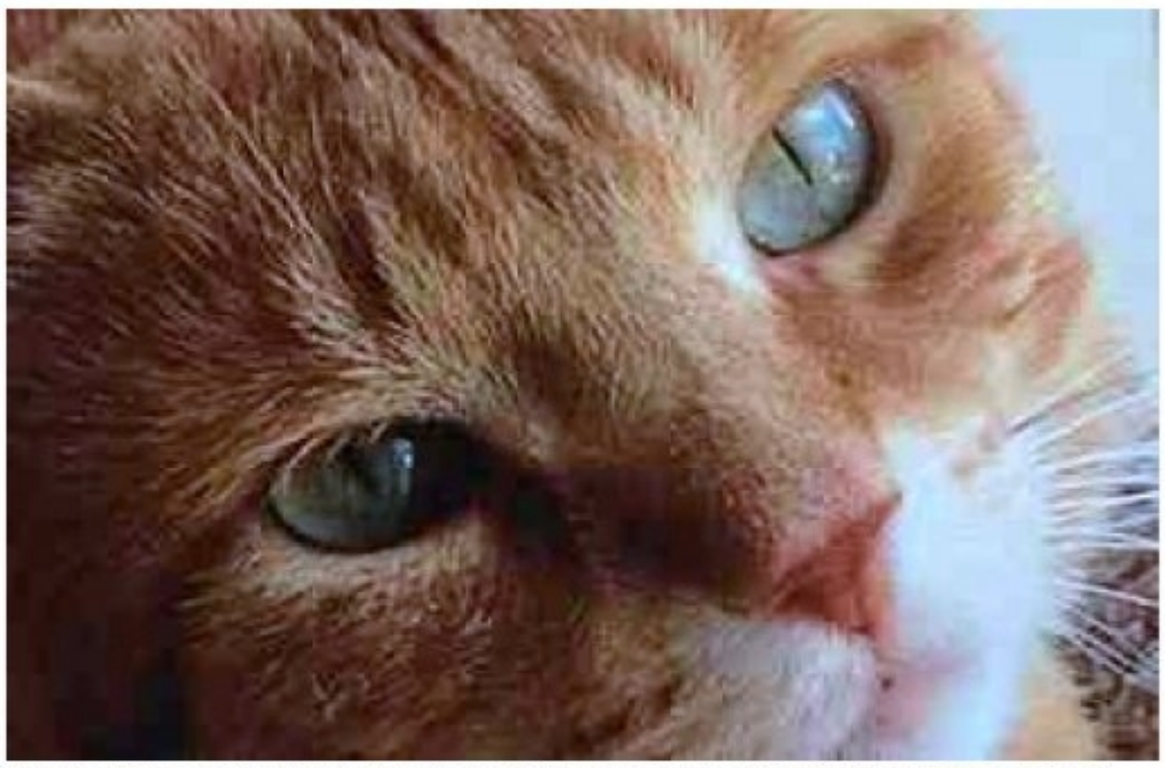
An Orléans woman was shocked when her beloved family cat, Orangie, was found dead in the park across the street from her home on Aug. 22.

All evidence, she said, points to a human killing Orangie.

"Once you know your pet suffered, it's very hard," said Elizabeth Godin.

The Ontario Humane Society, which is currently running investigations after stripping the Ottawa Humane Society from the ability to do so, said they cannot investigate or speculate on what happened because Godin had the family pet cremated before they could investigate the allegations, but the death was reported to them.

A neighbour found Orangie at Marcel Lalande Park on Aug. 22, and reported the dead cat to the city. When the neighbour saw Godin's posters for her missing feline two days later, he contacted her.



Orangie, Elizabeth Godin's family cat, was found deceased in Marcel Lalande Park on Aug. 22.
CONTRIBUTED

Godin said the cat's injuries didn't look like an animal attack, because of the straight cut on the cat's body, and because the neck area wasn't attacked.

"The pain my family has been through because of some disturbed human(s) can not be put into words," Godin wrote in a Facebook post that has been shared hundreds of times.

One of the reasons she is sharing what happened to Orangie is because she feels it could have been handled better.

The neighbour didn't know to call the Ontario Humane Society first, and once the city took the cat away, Godin wasn't contacted. She had to jump through hoops, she said, to be able to even get access to the deceased animal, despite its microchip and collar with the family's phone number on it, because she wasn't the one who called and reported the death.

She said she wouldn't expect her neighbour to know in cases where cruelty is suspected to directly contact the humane society before the city.

The Ontario SPCA inspectors can issue orders, remove animals, and lay charges under the Criminal Code, but they need to attend right when the animal has been found, not after it's been taken away.

There's been some backlash to Godin's post, with people saying Orangie should have been kept inside, but Godin isn't urging neighbours to stop letting cats go outside.

BRIER DODGE / METROLAND MEDIA

LICENCES

Farm Boy to offer local wine

Selling wine will be another way for Ottawa-based Farm Boy to offer local products to its customers, says CEO Jeff York.

"It's another thing we can offer our customers and we can merchandize it in a unique way," he says. "We want to have it because it goes really well with our value offering and cheese and specialty products."

The provincial government recently announced that Farm Boy and 12 other grocers will be allowed to apply for licences to sell wine in their stores.

Up to 70 individual grocery stores will be licensed during the first round and could start selling wine as soon as Oct. 28.

For Farm Boy, the plan is to offer customers "local products they might not be able to find in the LCBO or other retailers," York says.

Farm Boy was also one of the first Ontario grocery stores to get permission to sell beer. Three of its locations have had beer on the shelves since December.

JACOB SEREBRIN
OTTAWA BUSINESS JOURNAL

OFFRES D'EMPLOI

NOUS RECRUTONS!

(Dans le présent document, le genre non marqué s'applique à la fois aux hommes et aux femmes.)

Valoris

POSTES CLINIQUES

UN (1) INTERVENANT SCOLAIRE
Contrat de 14 mois – Casselman (C16-15)
Horaire : 35 heures par semaine. Salaire annuel de 48,049$ à 73,078$.

UN (1) INTERVENANT EN PROTECTION
Poste permanent syndiqué – Rockland (P16-08)
Horaire : 35 heures par semaine. Salaire annuel de 48,049$ à 73,078$.

UN (1) INTERVENANT EN MILIEU DE VIE
Contrat de 12 mois – Rockland (C16-16)
Horaire : 35 heures par semaine. Salaire annuel de 42,185$ à 68,052$.

UN (1) AGENT D'INTÉGRATION – PROGRAMME AMIS
Contrat de 14 mois – Rockland (C16-17)
Horaire : 35 heures par semaine. Salaire annuel de 44,845$ à 63,672$.

UN (1) AGENT D'INTÉGRATION – COMMUNAUTAIRE
Contrat indéterminé – Rockland (C16-18)
Horaire : 35 heures par semaine. Salaire annuel de 41,572$ à 58,720$.

POSTES EN MILIEUX RÉSIDENTIELS

QUATRE (4) AGENTS D'INTÉGRATION – FOYER DE GROUPE
Contrats de 14 mois – Hawkesbury & Rockland (C16-19)
Postes permanents syndiqués – Hawkesbury & Rockland (P16-09)
Horaire : 38 heures par semaine. Salaire annuel de 41,465$ à 51,951$.

QUATRE (4) AGENTS D'INTÉGRATION – PRÉPOSÉ AUX SOINS
Postes permanents syndiqués – Rockland (P16-10)
Contrat de 14 mois – Rockland (C16-20)
Horaire : 38 heures par semaine. Salaire annuel de 35,268$ à 40,282$.

UN (1) PRÉPOSÉ DE NUIT
Poste permanent syndiqué – Rockland (P16-11)
Horaire : 38 heures par semaine. Salaire annuel de 33,055$ à 38,976$.

UN (1) AGENT D'INTÉGRATION – ACCOMPAGNATEUR
Poste à temps partiel – Rockland (C16-21)
Horaire : Moyenne de 24 heures ou moins par semaine.
Salaire horaire de 19.11$ à 21.83$

TEMPS PARTIEL
Postes permanents syndiqués – Région de Prescott-Russell (P16-12)
Horaire : Moyenne de 24 heures ou moins par semaine.
Salaire horaire de 16.67$.

POSTES ADMINISTRATIFS

UN (1) CONSEILLER À LA QUALITÉ
Contrat de 14 mois – Plantagenet (C16-22)
Horaire : 35 heures par semaine. Salaire annuel de 44,948$ à 62,585$.

UN (1) RÉCEPTIONNISTE
Poste permanent syndiqué – Rockland (P16-13)
Horaire : 35 heures par semaine. Salaire annuel de 34,775$ à 44,714$.

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Veuillez acheminer votre demande d'emploi au plus tard le 16 septembre 2016, 16 h, par courriel, à emplois-jobs@valorispr.ca.
Veuillez noter que nous adhérons aux principes reliés à la loi sur l'accessibilité. Ainsi, si vous avez besoin d'adaptation spéciale (soutien technique, accessibilité, etc.) durant la période d'évaluation, veuillez communiquer avec Stéphanie Presseault au (613) 673-5148, poste 2370 dès que possible pour que les mesures appropriées soient prises afin de faciliter votre pleine participation à ce processus de sélection. Nous souscrivons également aux principes de l'équité en matière d'emploi et nous nous employons à ce que notre effectif soit représentatif de la communauté de Prescott-Russell. Nous remercions tous les postulants, toutefois, nous communiquerons seulement avec les candidats retenus. Agence bilingue située à mi-chemin entre Ottawa et Montréal.

MISSION : Rendre service aux gens vulnérables de Prescott-Russell en les soutenant dans leurs familles et en facilitant leur intégration dans la communauté.

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Tim Golding drills another piece of wood to the doors that will attach to the newly built little library structure. EVELYN HARFORD / FOR METRO

Little free library safe

BYLAWS

Hintonburg couple relieved they can keep it

Evelyn Harford
For Metro | Ottawa

Tim Golding and his wife Mimi are over the moon that their 'little free library' built in front of their Hintonburg home will get to stay, pending some modifications required by bylaw.

Last week the Goldings were told their library would have to be demolished because it's technically located on city property and is considered by bylaw to be poorly constructed.

Golding spent his Sunday constructing new library boxes to house the free books so that it's no longer a "danger."

Though he's happy the library will stay, he's still upset about how the issue was handled.

"It's sad when it comes to this," he said. "When we have to argue and fight with the city when they should back off so we can enjoy these little things.

"It's kind of silly."

Golding said a bylaw officer will come back to their house next week to ensure required changes have been made.

Going forward, Golding said the city should provide guidelines for residents who want to construct little libraries so other people don't have to go through the same struggle.

Dozens of little libraries are scattered throughout the city and they are really important for community building, said Kitchissippi ward Coun. Jeff Leiper.

Leiper said the city encourages these community projects and plans to create a special permit for little libraries so that others don't run the risk of being shut down by bylaw.

PARTNERSHIP

Metro to distribute Ottawa Business Journal

The Ottawa Business Journal has entered into a multi-year distribution agreement with Metro Ottawa newspaper. It includes 50 new newspaper boxes downtown distributing both papers.

Metro will also deliver OBJ's biweekly newspaper to 1,150 other businesses and public access distribution points, such as hotel lobbies, libraries and large office complexes.

"I think this is a big step forward," says OBJ publisher Michael Curran. "We will have 2,400 addressed copies to 700 targeted downtown businesses and, to cap it off, 450 bulk distribution drops across the region to businesses and public racks. This will keep the newspaper's 11,000 printed copies very visible and accessible to our readers."

OTTAWA BUSINESS JOURNAL

PROVINCE

MPPs to tackle hydro rates, privatization

The Liberal government hopes to reset its agenda when the Ontario legislature resumes Monday, but the opposition parties will be on the attack over electricity rates, the privatization of Hydro One and the record $300-billion debt.

Premier Kathleen Wynne surprised the Progressive Conservatives and New Democrats last Thursday when she suddenly prorogued the legislature and said it would open Monday as scheduled, but with the added pomp and ceremony of a throne speech.

The government has already passed bills to introduce a cap-and-trade system next January to put a price on carbon, and to allow the sale of a majority of Hydro One, the huge transmission utility. Any Liberal bills that died with prorogation will be re-introduced, including legislation to change the province's political fundraising rules.

The government must reach a fee agreement with Ontario's doctors, who rejected a tentative deal in August even though they've been without a contract for more than two years.

The Tories return with wind in their sails after taking the Scarborough-Rouge River riding from the Liberals in a Sept. 1 byelection. PC Raymond Cho, a longtime Toronto city councillor, will be sworn in Monday.

NDP Leader Andrea Horwath said more and more people can't afford their hydro bills — she would eliminate the HST from electricity — and echoed the Tories call for an immediate halt to the sale of any more Hydro One shares.

Finance Minister Charles Sousa said electricity rates increased because Ontario stopped burning coal to generate power and because the Liberals invested so heavily in the transmission grid after it had been neglected for years. THE CANADIAN PRESS

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Light-rail trains set to go for test runs

TRANSIT

Expect some — not a lot — of noise in the day

Erin McCracken
Metroland Media

If you live or work along the light-rail route between the Blair and Cyrville stations, as well as the Belfast Yards, you may soon find yourself doing a double take.

Light-rail trains currently being assembled at the Belfast maintenance and storage facility will soon go for test runs, beginning in late September or early October when the line is electrified.

"As soon as we produce a vehicle we begin to test them," said Roger Schmidt, technical director of OLRT Constructors.

Expect to hear some noise during the day — the preferred schedule for rail officials — but not a lot.

"They'll be going fairly low-speed," said Schmidt, but added that one of the vehicles will undergo a single high-speed test.

"They emanate much less noise than the Via," Keyes added.

The public can expect some advance warning before the overhead catenary system, which is made up of an overhead network of wires that send electricity to the trains, goes live and trains skim down the track.

Notification will be shared via area councillors, on social media and with schools located within two kilometres of the test-alignment areas, Berlin said.

People may also see unfinished trains whirring down the track during the test period. "We don't want people to be alarmed," Keyes said.

The test runs will begin later this month. COURTESY CITY OF OTTAWA

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EASTWAY GARDENS

Officials: Big Brother not at Belfast Yards

Eastway Gardens residents have been assured cameras at the Belfast light-rail yards behind their homes are not invading their privacy.

M.J. Beauchamp and her neighbours learned at a recent public meeting at the Overbrook Community Centre the devices are "construction cameras" angled toward the maintenance and storage facility and don't offer a 360-degree view that includes nearby homes.

"But there's no construction there now," Beauchamp said. "All the construction is done, so I don't know what they are talking about."

Her daughter, Emilie Beauchamp, said she can understand the need for safety cameras to monitor spaces that employees use and to guard against theft or vandalism. But her bedroom is at the back of her Eastway Gardens home, and the cameras and stadium-bright lights they are mounted on have had an impact.

"I have to keep my blinds closed because of the lights and we don't know what the cameras do," Emilie said. LRT officials have said lights were turned off at the west end following complaints earlier this year, but that the issue will again be reviewed.

The primary role of the cameras is theft prevention, said Kathryn Keyes, communications director at OLRT Constructors, which is building the Confederation Line of the LRT project.

These will be replaced with closed-captioned television cameras, similar to those at OC Transpo stations, and would be in use when the line opens in 2018, she said, but did not elaborate on the technical difference between the two types.

"During the construction, the cameras are on and pointed at the building," said Damon Berlin, who gave the evening's presentation on behalf of LRT officials. "They're monitored by security personnel and construction personnel. They're kept — as per protocol — 30 days. They're not shared."

ERIN MCCRACKEN/METROLAND MEDIA

Emilie Beauchamp, second from right, discusses her concerns during a public meeting on Sept. 7.
ERIN MCCRACKEN/METROLAND MEDIA

CRIME

Police investigate Rideau Street shooting

The Ottawa police's guns and gangs unit is investigating a shooting that occurred on Rideau Street, in the area near Augusta Street, early Sunday morning.

Patrol officers responded to a call of shots being fired around 3 a.m. and located shell casings at the scene.

A couple hours later, around 5 a.m., the Ottawa Hospital advised police that a man with a non-life-threatening gunshot wound had reported himself to hospital.

Police said no other details could be released.

No suspect was in custody Sunday afternoon.

The investigation is still ongoing.

This is the city's 46th shooting of the year, said Ottawa police's guns and gangs unit.

EVELYN HARFORD/FOR METRO

Teacher-librarian Wayne Parker from North Park Secondary in Brampton, Ont. and his students. TORSTAR NEWS SERVICE

ALBERTA

Regulator seeks strict rules on prescribing opioids

Alberta's medical regulator wants more stringent rules on how physicians prescribe opioid painkillers and other drugs to improve the safety of patients.

The College of Physicians and Surgeons says it will send draft proposals for a standard of practice called "Safe Prescribing" to doctors, the provincial government and others seeking feedback in the hope of approving it next March.

The college notes that opioid prescribing by Alberta doctors is among the highest in the country, and that Canada is one of the top three countries in the world for painkiller use.

"Data obtained from the Triplicate Prescription Program in 2015 reveals a significant number of Alberta physicians continue to prescribe opioid dosages in excess of the maximum recommended dose in the 2010 Canadian guideline for safe and effective use of opioids for chronic non-cancer pain," says a memo.

The proposed standards would require doctors to prescribe the lowest effective dose to patients who require long-term opioid treatment for chronic pain.

Physicians would have to discuss medication decisions with patients including potential serious side effects, other treatment options and the probability of the drug improving their health.

Doctors would also be required to track a patient's drug treatment history through Alberta's pharmaceutical information network. THE CANADIAN PRESS

GUIDELINES

Last March, the U.S. Centers for Disease Control (CDC) released new guidelines to improve the way opioids are prescribed to help reduce the number of people who abuse, misuse or overdose from strong painkilling drugs.

THE CANADIAN PRESS

Promote love of reading, coalition says

EDUCATION

Books getting less and less popular among students

Declining math scores may be on educators' minds right now, but reading is still considered key to student achievement in all subjects.

Now, a cross-Canada coalition is trying to promote a love of books, worried about the growing number of students who say they don't like to read for pleasure.

"There's been a recent trend toward STEM programs (science/technology/engineering/math), and from our perspective … if you can't read well, you are not doing well in math or science," said Mohamed Huque, associate director of the National Reading Campaign, a not-for-profit that is urging governments and school boards to make the issue a priority.

"The positive effect of reading transcends marks for English or language arts; it really does translate beyond academic achievement. There are tons of studies showing the positive effects of reading on mental health (and) building empathy," among other benefits, he added.

At a symposium earlier this year, the campaign crafted a statement saying it's time for "ministries of education, school boards and principals (to) … adopt policies that make reading for pleasure possible, and that they should be accountable for reporting on the provision of such programs."

In Ontario alone, the percentage of Grade 3 students who say they like to read "most of the time" sat at less than half — 47 per cent in 2013-14, down from 49 per cent the year prior.

Among Grade 6 students, that figure dropped to 47 per cent in 2013-14 from 48 per cent in 2012-13, according to the most up-to-date statistics from the province's Education Quality and Accountability Office, which has also found that kids who read for pleasure perform better on standardized tests over time.

The campaign is also urging faculties of education to "equip future teachers with the ability to be effective reading promoters, which includes familiarity with children's — and especially Canadian children's — literature," and calls on boards to ensure schools have fully functioning libraries staffed by teachers who have additional training as librarians.

Wayne Parker, a long-time teacher-librarian at North Park Secondary School in Brampton, Ont., said circulation is down at the library, and "few people would disagree the likely cause for that is they have all these smartphones — they have this thing they are paying all their attention to and spending time with, and when it comes time … they go online" to read.

He said he wonders whether this is conditioning kids, from a young age, "to read a screen page but not so often two or three hundred pages" and said he does his best to bring in materials that will appeal to teens.

"My position is that if we don't show them, they won't know," he said

TORSTAR NEWS SERVICE

"Reading really does translate beyond academic achievement."
Mohamed Huque

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Politics cloud ceremony

9-11 ANNIVERSARY

Clinton gets pneumonia diagnosis ahead of election

The U.S. marked the 15th anniversary of 9-11 with the solemn roll call of the dead Sunday but couldn't keep the presidential campaign from intruding on what is traditionally a politics-free moment of remembrance.

Hillary Clinton left about 90 minutes into the ground zero ceremony after feeling "overheated," her campaign said. Video showed her knees buckling as three people helped the 68-year-old Democrat into a van in the muggy, 80-degree heat. Later in the day, she said she was "feeling great" as she walked to a vehicle. Clinton's doctor on Sunday afternoon diagnosed her with pneumonia and she was advised to rest.

A video showed Clinton slumping and being held up by three people as she was helped into a van after the event, and her doctor said in a statement that Clinton had become overheated and dehydrated.

Hillary Clinton waves after leaving an apartment building Sunday, Sept. 11, 2016, in New York. Clinton's campaign said she left the 9-11 anniversary ceremony early after feeling 'overheated.' THE ASSOCIATED PRESS

"I have just examined her and she is now rehydrated and recovering nicely," Dr. Lisa R. Bardack said in a statement.

Less than two months from Election Day, it was an unwanted visual for Clinton as she tries to project the strength and vigour needed the job. Republican rival Donald Trump has spent months questioning Clinton's health, saying she doesn't have the stamina to be president.

The episode cast a political shadow over an event that has tried to keep the focus on remembrance by inviting politicians but barring them from speaking. The two candidates had followed the custom of suspending all TV ads for the day.

The politics of the moment weren't entirely absent from the ceremony, where some victims' relatives pleaded for the nation to look past its differences, expressed hopes for peace or called on the next commander-in-chief to ensure the country's safety.

Joseph Quinn, who lost his brother, Jimmy, appealed to Americans to regain the sense of unity that welled up after the terror attacks.

"I know, in our current political environment, it may feel we're divided. Don't believe it," said Quinn, who added that he served in the military in Iraq after Sept. 11. "Engage with your community. ... Be the connection we all desperately need."

Nearly 3,000 people died when terrorists slammed hijacked planes into the World Trade Center, the Pentagon and a field near Shanksville, Pennsylvania, on Sept. 11, 2001.

Organizers estimated 8,000 people gathered Sunday at the lower Manhattan spot where the twin towers once stood. They listened to the nearly four-hour recitation of the names of those killed.

"It doesn't get easier. The grief never goes away. You don't move forward - it always stays with you," Tom Acquaviva, who lost his son, Paul.

THE ASSOCIATED PRESS

President Barack Obama bows his head for a moment of silence before delivering remarks at the 9-11 memorial ceremony at the Pentagon on Sept. 11, 2016. THE ASSOCIATED PRESS

Obama urges Americans to embrace diversity

President Barack Obama on Sunday marked the 15th anniversary of the Sept. 11 attacks by calling on Americans to embrace the nation's character as a people drawn from every corner of the world, from every religion and from every background. He said extremist groups will never be able to defeat the United States.

Obama spoke to hundreds of service members, and relatives and survivors of the attack that occurred at the Pentagon when American Airlines Flight 77 slammed into the Defence Department's headquarters, killing 184 people. In all, about 3,000 people lost their lives that day as a result of the planes that crashed into the World Trade Center and in a Pennsylvania field.

The president said extremist organizations know they can never drive down the U.S., so they focus on trying to instil fear. "We know that our diversity, our patchwork heritage is not a weakness, it is still and always will be one of our greatest strengths," Obama said.

THE ASSOCIATED PRESS

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Marijuana-related businesses are scrambling to find alternate banking arrangements after two of Canada's biggest banks said they aren't providing accounts to companies in the marijuana industry. THE CANADIAN PRESS

Big two back away from pot industry

BANKING

Stores receive letters from Scotiabank, Royal Bank

Scotiabank and the Royal Bank of Canada say they aren't providing accounts to companies associated with the marijuana industry, leaving some business owners scrambling to find alternate arrangements.

After a decade-long relationship with Scotiabank, Hemp Country owner Nathan MacLellan says he received a letter from the bank late last month stating his account was being cancelled. The store in Woodstock, Ont., sells marijuana-related items such as pipes and bongs but no actual cannabis, MacLellan says.

"It's kind of insulting really, especially when legalization is right on the horizon," he said.

"Nothing in the store that we sell is illegal. Every single variety store sells pipes and bongs nowadays, so why are they singling us out all of a sudden?"

Since then, MacLellan has managed to secure an account with a local credit union.

Earlier in August, a fledgling medical marijuana producer said it received a phone call from Scotiabank, advising them that it will no longer be doing business with cannabis-related companies.

Scotiabank spokesman Rick Roth said in an email that it aims to "manage risks soundly while making prudent business decisions."

"This is why the bank has taken the decision to close existing small business accounts and to prohibit the opening of new accounts for customers classified as 'marijuana-related business.'"

Royal Bank also confirmed that it doesn't provide banking services to companies "engaged in the production and distribution of marijuana."

Bruce Linton, the CEO of Canopy Growth Corp., says he received a letter from RBC roughly a year ago informing him the bank was cancelling the licensed producer's account.

He recalls that a few other licensed producers received similar letters around that time.

"My gut feeling is that probably someone in risk analysis somewhere determined that marijuana was a topic which had uncertainty surrounding it," Linton said. "So rather than looking at determining which (companies) were in concert with the laws and which were not, all were treated the same."

THE CANADIAN PRESS

+ OTHER BANKS

- **TD Bank** said it assesses all applications on a case-by-case basis.
- **CIBC and the Bank of Montreal** did not reply to requests for comment.

OILSANDS

Suncor and Syncrude wetland reclamation a mixed success

Faced with reclaiming oilsands open-pit mines that were once thriving wetlands, Suncor and Syncrude have been trying to do what's never been done — rebuilding one of the most complex, diverse and delicate ecosystems in the boreal forest.

Three years into the groundbreaking, high-profile projects, early successes are emerging.

Suncor's Nikanotee fen and Syncrude's Sandhills fen are staying wet year-round. They're growing some typical fen plants. Even better, they've begun to store carbon in their peaty depths. But the overall plant mix isn't what it was. Soil and water chemistry has changed. Biodiversity has shrunk.

The fens don't seem to be developing into what was there before and nobody really knows how they will evolve.

"We can't kid ourselves," said Jonathan Price of the University of Waterloo, one of the main experts behind Nikanotee. "We can't replace nature."

Fen recovery is so uncertain and expensive that one researcher suggests resources would be better used elsewhere.

Fens are wetlands that are permanently waterlogged with an alkaline, peaty soil that stores vast amounts of carbon. They filter water and store it during dry years and are considered essential to the boreal ecosystem.

THE CANADIAN PRESS

metro VIEWS
Your essential daily news
Monday, September 12, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

I gave my co-worker an idea that he used to great effect. But I didn't get any credit. Am I right to want some?

Dear Ellen,

A while ago, I met up with a co-worker on my morning commute. He was having trouble with a project, so I suggested the approach I would take. He said that was a great idea, and we went our separate ways. Later, after he finished the project, our boss paraded him around, saying how great it was and having him give a presentation on how he implemented the method I suggested that morning on the bus. This irked me, and I even said to him "Isn't that what I suggested?" but he brushed me off. He did do an excellent job, but I wish he'd at least mentioned me when presenting the strategy I came up with. Do I have a right to want acknowledgment?

Irked

Dear Irked,

Rest assured that you have asked the right person about how to deal with this, as I — like most writers — spend a lot of time and energy pondering the problem of idea-stealing b——s who refuse to share credit.

Many a sleepless night has gone by while I writhe with resentment over those monsters who shamelessly exploit my genius, then profit off my original stories and concepts without a word of gratitude, not to mention cold, hard cash.

Unfortunately, some other nights I also lose sleep as I writhe in defensive contortions over certain bits of, er, um, "material" I've scavenged from the lives of everyone around me for my own profit (which doesn't amount to much, I can assure you, in the current freelance-hack marketplace, but nevertheless).

The fact is, anyone involved in a creative endeavour, whether it's an office project or a slim volume of haikus, is constantly mining every moment of the day for fodder and inspiration. It's both conscious and unconscious. I can't speak for Robin Thicke, whose Blurred Lines was found by a jury to be a bad-faith ripoff of Marvin Gaye's Got To Give It Up. But I'd bet my life George Harrison didn't deliberately plagiarize 1963's "He's So Fine" for his 1970 hit "My Sweet Lord."

I'd bet my life George Harrison didn't deliberately plagiarize 1963's He's So Fine for his 1970 hit My Sweet Lord.

In your case, I'll give your co-worker some slack in matters of interpretation, inspiration and execution.

But I will also absolutely agree with you that he should have acknowledged that he brainstormed a bit with you, and that it helped him.

In future, if you want to make sure you get credit, follow up such commuter convos with a friendly email: "Hey, I was thinking more about your project and here is my idea in more detail …" Now you have an e-trail that establishes your claim on proper credit — or, keep in mind, blame, if it all goes sideways.

But an even better approach, if you can do it, is to let it go. Continue to spread your innovative ideas amongst your fellow humans with generosity and enthusiasm, and take deserved satisfaction in knowing you are making the world a better place.

Addendum to last week's column about men in sandals: We've had letters pointing out my inexcusable negligence in addressing the question of socks. Please be advised that, yes, they're a fashion faux pas, but acceptable to those of us who'd rather look at unsexy socks than unsexy feet.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

Bad-apple approach won't rid us of bias among judges

Who else?

It's abundantly clear that Robin Camp was allowed to sit on a provincial bench (and then enjoy an appointment to federal court) while harbouring sexist biases. But the glum, apologetic Alberta judge, who is now enduring a headline-grabbing inquiry for suggesting a sexual assault victim should have kept "her knees together," is no outlier.

The important question isn't whether Camp will keep his job; it's who else has gone under the radar.

Camp is arguing that he has wised up, thanks to sensitivity and gender-discrimination training, plus a refresher on rape-shield laws. Unlike those demanding his dismissal, I'm willing to believe him. I have to. The alternative is a justice system wholly unreliable and, worse, unfixable.

"By no means is this a unique case, by no means whatever," said Kathleen Mahoney, QC, a law professor at the University of Calgary.

She would know. For decades, Mahoney has been at the centre of judicial-education efforts, part of a movement that has sought to ensure the Charter of Rights and Freedoms doesn't turn out to be an "empty promise." But she and her allies lost a key battle: to make judicial education mandatory.

"To me the Camp case is an indication of the failure of judicial education to ensure that judges, to some extent, are protected from making these kinds of errors," Mahoney said.

The excuse has always been that mandatory training would infringe on judicial independence. That line, according to Adam Dodek, co-author of the forthcoming book "Regulating Judges," has been "viewed as quite a stretch" by some and "baseless or worse" by others. Mandatory training exists elsewhere, he said, and the Canadian judiciary "lags behind the world" in training judges.

Camp's biases were outlandish and egregious. The system would be a joke if he weren't facing an inquiry. But many other judges undoubtedly harbour similar views, hiding them inside legally defensible decisions nonetheless coloured by rape myths and sexism.

If there's any group, other than sexual assault victims, that should want this to change, it's judges.

Bias in one generates suspicion of them all, and makes a mockery of the oath to mete out justice fairly. It feeds the growing crisis of faith in our courts. Already, the vast majority of women don't even bother to report rapes and assaults. They know, because the data on this is irrefutable, that justice for sexual assault is doled out in pitifully few cases.

Judges are, in part, to blame. And there's only one way for them to prove they care about improving the situation: admit, as Camp has, that they have a lot to learn.

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Sully 'lands' with $35.5 million at the box office

Tough-as-nails American girl

INTERVIEW

Riley Keough channels her rebel side in American Honey

Richard Crouse
For Metro Canada

In American Honey, a road trip movie now playing at the Toronto International Film Festival before it heads to a national release later this year, Riley Keough plays a Fagin-like character, tough-as-nails with a glare that could peel the paint off the walls.

She is Krystal, the leader of a travelling band of door-to-door magazine sellers who picks up new recruits along the way with one simple job interview question: "Do you got anyone who's going to miss you?"

It is a bravura performance in a movie that, once and for all, proves she's not just Elvis Presley's granddaughter; she can really act.

Making the free-form drama with British director Andrea Arnold and a cast of mostly newcomers was an unconventional occurrence for the Girlfriend Experience star.

"I didn't know what the (bleep) anybody else was doing," she says.

"I wasn't on set for anything except for my own stuff. Nobody knew what the movie was about until we watched it. I literally had no idea."

Keough, who has appeared in Magic Mike, Mad Max: Fury Road and will soon be seen in the Netflix film The Discovery and Steven Soderbergh's Logan Lucky, says the lack of traditional structure did "all the right things" for her performance.

"It makes you able to do anything," she says.

"You don't want to get into the habit of only doing things that are structured and safe. Hit your mark and look that way.

"You have nothing, so you actually have to do something. You're not going off a whole script and character arc and knowing all these blah, blah, blah things. You're just existing as this person. You are forced to exist as this person. You don't get a chance to think about anything at all."

Hitting marks and finding the light "is just (bleeping) annoying," she says.

"Excuse my French. This was a nice break from it."

Set in a world where regular folks still open the door for rattily dressed kids selling magazines, it's a story about families lost and families found, about poverty, disenfranchised youth and finding freedom on the road.

"I think Krystal had been doing this for a long time so that's all she knew," Keough says of her tough-talking character.

"This world does exist. I think she grew up 'on crew' and she knows the most. We ran into another mag crew. In the movie you see us shaking hands with another mag crew."

TIFF | Rising star

> **I learned not to drink too much... legitimately**
> Riley Keough on filming American Honey

At well over two-and-a-half hours American Honey has an emphasis on naturalism and all that entails: the mundane and the pulse racing in equal measure.

It's not a traditional road flick. Here, the destination isn't as important as the journey.

Life on the road taught Keough a thing or two. "I learned not to drink too much," she says.

"I really think I learned it. Legitimately."

She laughs, perhaps remembering some long nights while making this movie, then adds in a more serious tone, "I learned a lot of really profound things but I don't know how comfortable I am talking about them."

Elvis Presley's granddaughter Riley Keough plays Krystal, the leader of a travelling band of door-to-door magazine sellers, in American Honey. LIZ BEDDALL/METRO

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For most, money is a finite resource

Easy access to credit cards means some Canadians think they can buy more than they can afford, and are now drowning in debt. ISTOCK

BUDGETS

Simple jars are all you need to make sure you stay on track

Gail Vaz-Oxlade
For Metro Canada

People are delusional. Helped in large part by access to credit, folks think they can afford stuff they can't.

Thinking that they are richer than they actually are drags them deeper and deeper into debt.

More than half of Canadians are living paycheque to paycheque, many saving nothing for the future, and many more spending money they have yet to earn.

And when I start talking about budgets, it's these very people who tell me budgets don't work.

Hey, making a budget isn't an exercise in theory; it's an exercise in practice.

You have to live within the budget for the exercise to have been worth the effort.

If you plan to spend $450 a month on food but you end up spending $600, it's not the budget, it's you.

Run out of stuff and head to the stores to restock without an eye on the budget, that's you. Friends pop over and you run to the store for supplies, that's you.

The kids are having a bake sale at school, so you run to the store to do your bit, that's you.

And then there are the unconscious shopping trips you make: the extra bag of milk at the convenience store where you also grab a candy bar and two bottles of juice.

The salad dressing you forgot on the last trip that takes you back, which gives you the opportunity to add croutons, six tins of tomato sauce (on special) and a brick of cheese to your cart.

Using cash helps. When you take a certain amount of money out of the bank and stick it in a jar on your counter, you tend to be more conscious about what you're spending, since you can actually see the money running out.

That's the magic of the jars: they remind you that money is an exhaustible resource.

So the jars are the very antithesis of credit, the purveyors of which want you to believe you are richer than you are because you can pay for anything you want whenever you want it.

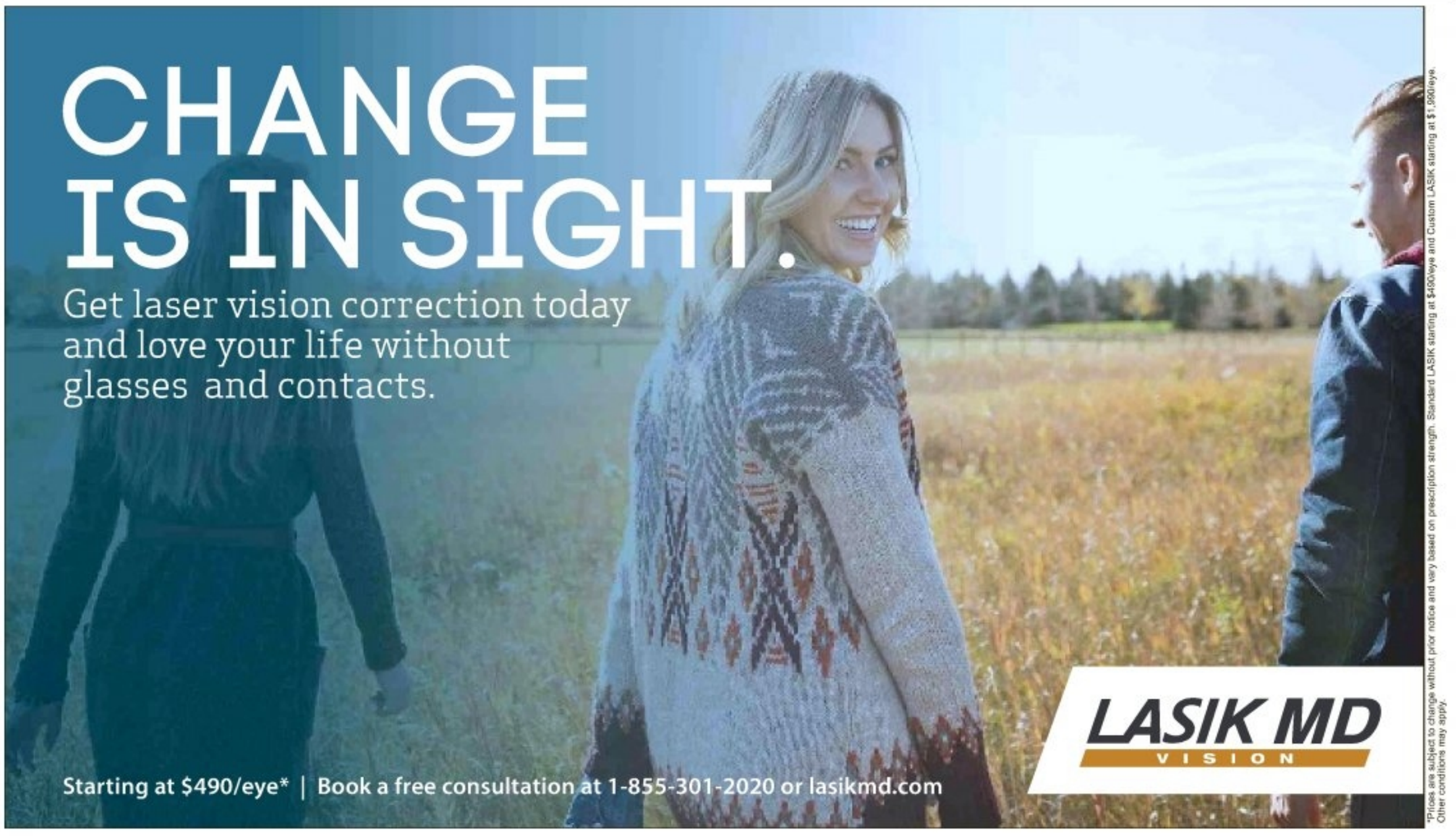
You aren't paying for anything when you put it on credit. That vacation on your line of credit isn't paid for yet.

Those shoes on your credit card? Not paid for. The groceries you put on your card for the points, but didn't pay off in full when the bill came in? Not paid for.

When you put things on credit, you aren't paying for them. You're promising to pay for them at some point in the future.

And since someone else is paying for them on your behalf — they're renting you their money — you're going to cough up good money for the privilege of not having to pay for the stuff you brought home.

For more money advice, visit Gail's website at gailvazoxlade.com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Jasmine Lorimer put her love life on television

Jasmine Lorimer, a hairstylist and part-time model from Pemberton, B.C. is Canada's first Bachelorette. TORSTAR NEWS SERVICE

INTERVIEW

Canada's first Bachelorette an adventurous and free spirit

When you think about the concept of a woman dating up to 20 men at one time for a reality TV show, the first phrase that comes to mind isn't "old-fashioned."

Yet those are the words that Jasmine Lorimer, the 27-year-old star of The Bachelorette Canada, uses when explaining why she agreed to live out two months of her love life on TV.

"The appealing thing about this is you do get a lot of face-to-face time and you're taking away the phones, and you're taking away the texting and all those things that can be said over text or misconstrued, and . . . all of the development of your relationships happens one-on-one," she says.

"Although it seems strange to do it on reality TV, it's also kind of old-fashioned in a weird way. . . . If it wasn't televised, I mean, aside from all the extravagant dates that happen that you probably wouldn't be going on, but just the actual quality time on dates, it's a very normal feeling."

A SIMPLER WAY

"The appealing thing about this is you do get a lot of face-to-face time and you're taking away the phones, and you're taking away the texting."

The country gets to judge for itself when The Bachelorette Canada debuts on W Network Tuesday at 9 p.m.

It's the maiden Canadian journey of this spinoff of the U.S. Bachelor franchise.

Canada had two seasons of The Bachelor, in 2012 and 2014 on City TV, but this is its first Bachelorette.

Lorimer hadn't watched the U.S. version for quite a while when she got offered the gig, so she did some catching up. What she came away with was a determination to be herself on TV.

But why look for a husband on a show in the first place?

The hairstylist and part-time model had just moved to the small town of Pemberton, B.C., from Vancouver (she's originally from Kenora, Ont.), not exactly a singles haven, and wasn't sure how to meet someone to share the area's peace and natural beauty.

Besides, she describes herself as an adventurous free spirit and this definitely qualifies as an adventure. Lorimer concedes there's no way to prepare yourself for the experience of dating so many people. In fact, she had never dated more than one person at a time and had to learn to "compartmentalize" relationships.

"I never was able to do that. As soon as I like somebody I just like them and I've got blinders on. . . . The weird thing is before going onto this show I had been saying to myself mentally, 'OK, the next time I get into a relationship I'm not gonna put all my eggs in one basket' and so there was my ultimate eggless basket."

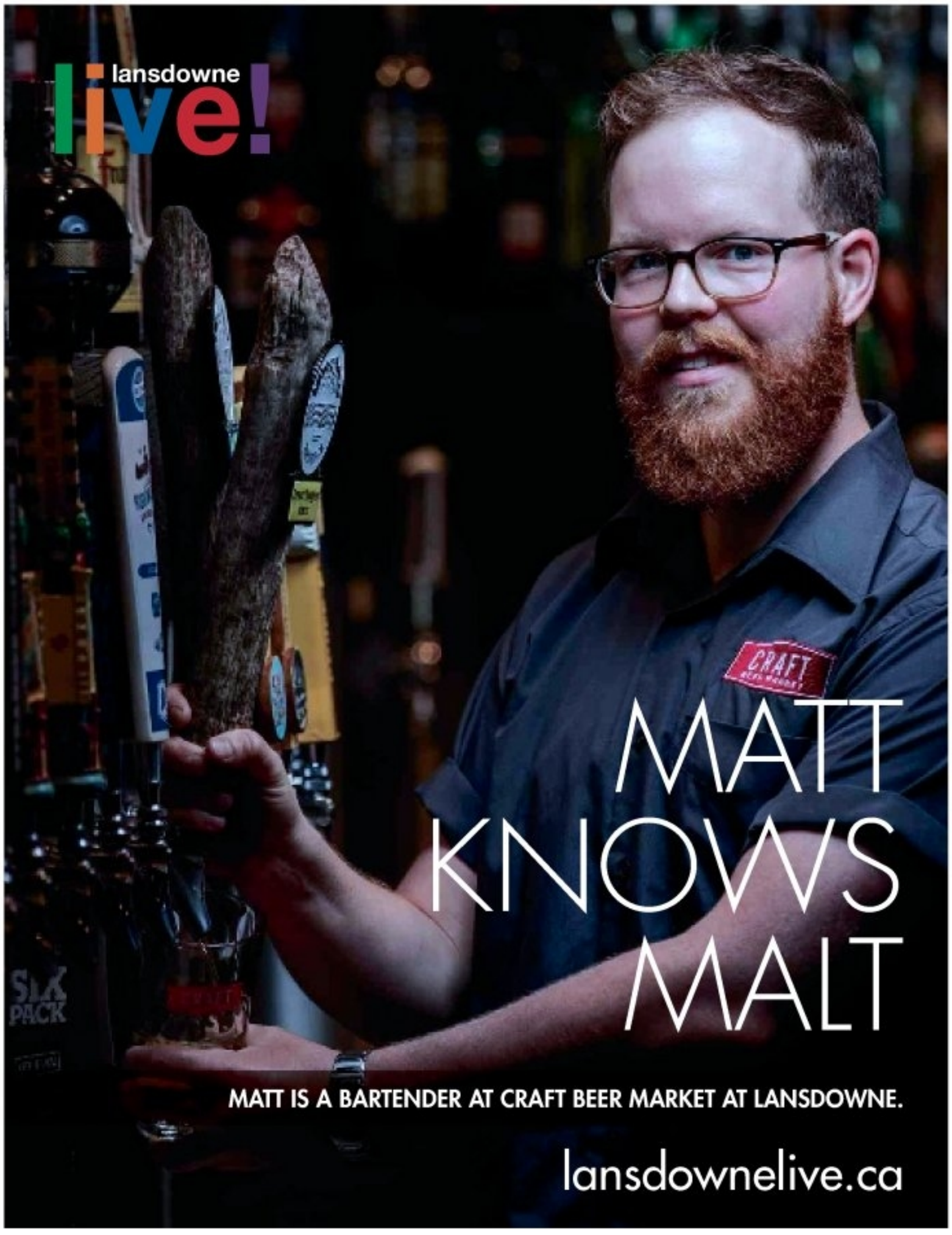
Nor could she prepare for the emotional toll of breaking up with so many people in such a short period of time.

"It became difficult at the end," she said (and no, she can't tell us if she ended up engaged). "(Bachelor and Bachelorette contestants) always say 'I never imagined it would be this hard.' It really is like that and you can imagine but, until you're in it, oh, it's heartbreaking at times."

So yes, there will be tears. But Lorimer also says she woke up excited about every day of filming. "I really did go into this wholeheartedly, and with the best intentions and with my heart on the line. I did not hold back and I think that the viewers will see that when they watch.

"I went through a lot of hurt through this thing, but I experienced so many good things and took so many positive things from it, and I have no regrets."

TORSTAR NEWS SERVICE



YOU CAN DO THIS DENTAL ASSISTANT

'I know everything about their smiles'

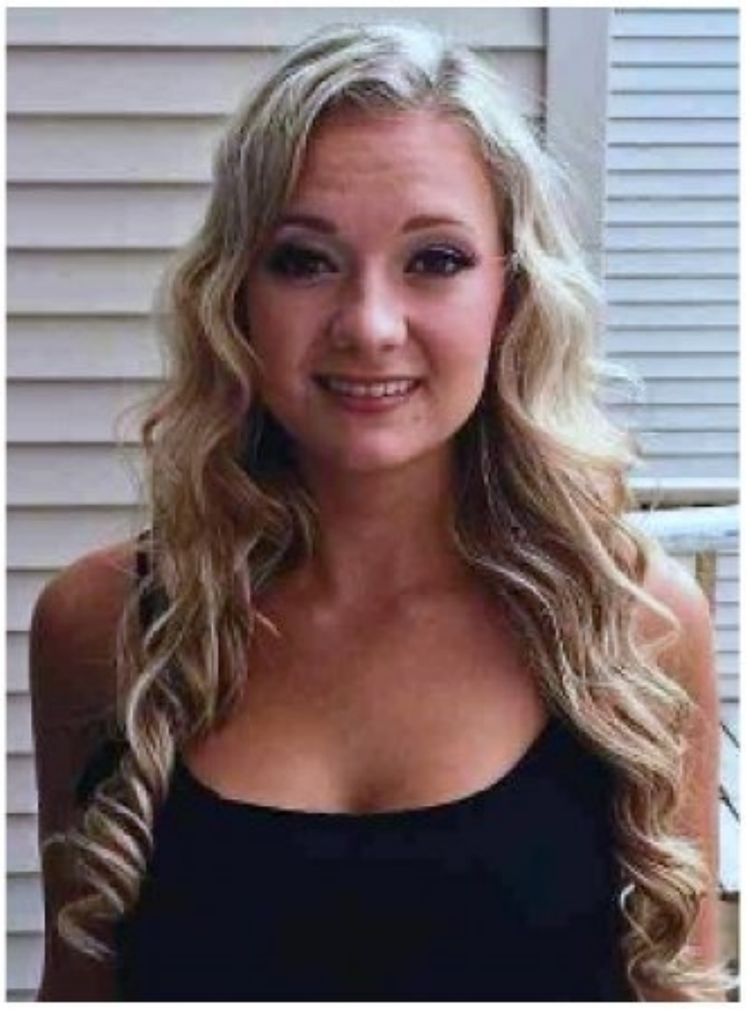
WHY I LIKE MY JOB

Meghan Johnson, 25, Office Manager / Dental Assistant at Dentistry on Centrepointe in Ottawa, Ont.

I love teeth. I couldn't tell you the colour of my best friend's eyes, but I know everything about their smile. It was this fascination — combined with my commitment to good oral hygiene and a desire to work in the health care sector — that led me to Durham College's dental assisting program in 2008.

At the time, the program ran for eight months in an intensive, hands-on learning environment. Tests and practical assessments were given almost daily in courses like biology, radiation practice, clinic practice and preventive dentistry. Despite the intensity, the program truly prepared me for my career. Seven years later, I've leveraged my strong technical and interpersonal skills to take on more responsibilities as an office manager.

What I find most appealing about the job is the social aspect. Over the years, I've built up a loyal client base and I always look forward to hearing about a patient's wedding or new grandchild. I also enjoy working in a preventive health care setting, which allows me to help treat cavities, gum disease and inflammation before it becomes a serious problem. I get to smile each day knowing I helped treat a client's pain or improved their overall wellbeing.



THE BASICS: Dental Assistant

$35,755

Median starting salary for an entry-level dental assistant. Those who specialize in orthodontics or oral surgery tend to earn more, with annual salaries ranging as high as **$53,500**.

+14%

Projected rate of **job growth** over the next 8 years.

Data for this feature was provided by payscale.com, onetonline.org, trade-schools.ca and durhamcollege.ca

HOW TO START

Dental assistant programs are offered in both public and private post-secondary institutions, and can last anywhere from eight to 16 months. Applicants can expect to delve into general courses in biology, chemistry and anatomy in addition to core material in dental radiology and radiography, oral health, record maintenance and nutrition. Most institutions offer field placements as part of the curriculum, providing students with practical clinic experience in preparation for the mandatory National Dental Assisting Board exam.

WHERE YOU CAN GO

Certified dental assistants can find employment in virtually any municipality, given the increasing number of clinics in large cities and suburban areas. Canada's unemployment rate in this sector is considerably low, and many trained professionals find rewarding work in general dental practices, hospital dental clinics, the armed forces and correctional institutions. Graduates seeking career advancement may also pursue continuing studies in dental hygiene or dental office management.

metro SPORTS

USTA officials say a 20-second clock to start points is among the changes being considered to make the game more TV friendly

Young Cowboys held in check by Giants

NFL

New York gets win No. 1 of head coach McAdoo era

Eli Manning threw for three touchdowns, including the go-ahead score to Victor Cruz in his first game in nearly two years, and the New York Giants beat the Dallas Cowboys 20-19 Sunday.

The Giants won the debut of coach Ben McAdoo after 12 years and two Super Bowl titles under Tom Coughlin while spoiling the first game for Dallas' Dak Prescott and Ezekiel Elliott.

Because of Tony Romo's back injury, Prescott and Elliott were the first rookie quarterback-running back combo to start an opener for the Cowboys since Roger Staubach and Calvin Hill in 1969.

The game ended with Dallas in position for a roughly 57-yard field goal, but Terrance Williams didn't get out of bounds after a catch and the clock ran out. Dan Bailey had four field goals, including two from more than 50 yards.

Cruz, who missed most of 2014 with a knee injury and all of last season with a bad calf, broke free in the end zone for a three-yard TD with six minutes remaining, prompting his trademark salsa dance.

Randy Bullock, kicking because of Josh Brown's one-game suspension, made the extra point for the lead after an earlier missed PAT.

New York beat Dallas in an opener for the first time in nine tries.

The Giants' defence, fortified in free agency, held Dallas after the go-ahead score. Then the Giants emphasized the run to use most of the clock, quite a contrast to last season when questionable clock management contributed to six losses late in regulation or in overtime in a 6-10 season.

Elliott was held to a 2.5-yard average (51 yards on 21 carries), although he had his first touchdown, and the only one for Dallas. Prescott was 25 of 45 for 227 yards.

THE ASSOCIATED PRESS

Rashad Jennings of the New York Giants carries the ball against the Dallas Cowboys at AT&T Stadium on Sunday in Arlington, Texas. TOM PENNINGTON/GETTY IMAGES

WEEK 1 SCOREBOARD

THURSDAY
- Broncos 21, Panthers 20

SUNDAY
- Ravens 13, Bills 7
- Texans 23, Bears 14
- Bengals 23, Jets 22
- Eagles 29, Browns 10
- Packers 27, Jaguars 23
- Vikings 25, Titans 16
- Raiders 35, Saints 34
- Chiefs 33, Chargers 27
- Buccaneers 31, Falcons 24
- Seahawks 12, Dolphins 10
- Lions 39, Colts 35
- Giants 20, Cowboys 19
- Patriots at Arizona*

MONDAY
- Steelers at Washington
- Rams at San Francisco

*Sunday's late game

GOLF

Confident Johnson into FedEx Cup lead

Powerful off the tee and relentless with the putter, Dustin Johnson didn't give anyone much of a chance Sunday by closing with a 5-under 67 to win the BMW Championship by three shots and move to the top of the FedEx Cup.

Johnson won for the third time in his last eight tournaments dating to his first major at the U.S. Open, and this might have been his most complete performance.

"I've got a lot of confidence in every part of my game," Johnson said.

THE ASSOCIATED PRESS

Dustin Johnson on Sunday in Carmel, Ind. GETTY IMAGES

MLB

BoSox build 2-game lead atop AL East

Jackie Bradley Jr., David Ortiz and Hanley Ramirez all hit home runs as the Boston Red Sox's impressive offence overwhelmed the Toronto Blue Jays 11-8 in a wild game on Sunday afternoon.

The loss drops the Blue Jays to two games back of Boston for first place in the AL East. Toronto had been in first as recently as Sept. 6, but has lost seven of its past 10 games to fall behind the Red Sox. The Jays are now tied with Baltimore for second place.

Edwin Encarnacion had two homers for Toronto (78-64), while Troy Tulowitzki added a grand slam. THE CANADIAN PRESS

David Ortiz hit his 31st home run of the season on Sunday. TOM SZCZERBOWSKI/GETTY IMAGES

The Chiefs' Marcus Peters on Sunday. JOHN SLEEZER/ THE KANSAS CITY STAR VIA AP

ANTHEM PROTESTS

Signs of solidarity

Opening day saw Kansas City cornerback Marcus Peters raise a black-gloved fist during the national anthem, a protest amplified later Sunday when four Miami Dolphins kneeled on the sideline as The Star Spangled Banner played in Seattle.

The protests were inspired by San Francisco backup quarterback Colin Kaepernick who has recently sat or taken a knee during the anthem to call attention to what he termed the oppression of blacks. THE ASSOCIATED PRESS

Dolphins Jelani Jenkins, from left, Arian Foster, Michael Thomas and Kenny Stills kneel on Sunday in Seattle. STEPHEN BRASHEAR/THE ASSOCIATED PRESS

IN BRIEF

Costa helps Chelsea claw to a win at Swansea

Two goals, a yellow card, accused of diving, and repeatedly kicked, shoved and goaded.

Just a typical all-action match for Diego Costa.

The Spain striker capped a bustling display by scoring from an 81st-minute overhead kick to earn Chelsea a 2-2 draw at Swansea in the English Premier League on Sunday.

Costa, who also put Chelsea ahead at Liberty Stadium, is looking back at his best with four goals in four games.

Quintana cruises to victory

Movistar rider Nairo Quintana won the Spanish Vuelta on Sunday, adding the title to the 2014 Giro d'Italia on his Grand Tour list of honours.

The Colombian climbing expert had cemented his commanding lead over nearest rival Chris Froome in Saturday's mountain stage.

Following custom, Froome did not challenge Quintana on the traditional ride into the Spanish capital on the 21st stage. Instead, the two top cyclists of the moment spent some time chatting as they pedaled along side by side. THE ASSOCIATED PRESS

Athlete takes last shot at Paralympics

RIO2016

Vervoort says reports she will end her life 'out of the question'

Marieke Vervoort won silver in the T52 400-metre race on Saturday night in Rio. OIS/IOC/AFP/GETTY IMAGES

Marieke Vervoort lives with nearly unbroken pain. The Belgian has an incurable, degenerative spinal disease, sleeps only 10 minutes some nights, and in 2008 she signed euthanasia papers so she can decide when to end her own life.

The 37-year-old Paralympian is prepared to die, but not now. Back home, newspapers have been reporting the wheelchair racer intends to kill herself after the Paralympics end next weekend.

"I think there is a great mistake about what the press told in Belgium," Vervoort said Sunday, speaking in English and surrounded by reporters wanting to hear her compelling story.

"This is totally out of the question," she added. "When the day comes, when I have more bad days than good days — I have my euthanasia papers. But the time is not there yet."

This is Vervoort's last Paralympics. She won silver Saturday night in the T52 400 metres, adding to the gold and silver medals she won four years ago in London. Her last wheelchair race will be Saturday at 100 metres.

She's shown her will to live by tackling tough training, and it's also helped keep her alive. But she has to give it up, as she has other things, as her body has broken down.

Her pain is so severe at times that she loses consciousness, and she said the sight of her in pain has caused others to pass out.

"It's too hard for my body," Vervoort said. "Each training I'm suffering because of pain. Every race I train hard. Training and riding and doing competition are medicine for me. I push so hard — to push literally all my fear and everything away."

Vervoort is a strong advocate of the right to choose euthanasia, which is legal in Belgium. Like training hard, she said it gives her the control and "puts my own life in my hands."

"I'm really scared, but those (euthanasia) papers give me a lot of peace of mind because I know when it's enough for me, I have those papers," she said.

THE ASSOCIATED PRESS

TRACK AND FIELD

Switch from pitch nets Stanley a silver

Liam Stanley was a promising runner, but an outstanding soccer player. And his goal was to get Canada's para-soccer team to the Rio Paralympics.

Track coach Bruce Deacon made him a deal. Focus on soccer, and if the team didn't qualify for Brazil, start training for track.

And on Sunday, the 19-year-old from Victoria chased Irish veteran Michael McKillop over 1,500 metres to claim silver in a stunning Paralympic debut.

"What a thrill," Deacon marvelled. "Quite amazing."

Wheelchair racer Brent Lakatos won silver in the 400 metres for his second medal of the Games to make it a two-medal morning for Canada.

In front of a noisy Olympic Stadium crowd that rivalled some Olympic sessions a month ago, Stanley, who has cerebral palsy, stuck with McKillop through the first two laps, and when the four-time Paralympic gold medallist made his move with 800 metres to go, the fearless young Canadian went with him.

"This is a case of a teenager racing full-grown men, guys in their late 20s and 30s," said Deacon, a two-time Olympian in the marathon. "So the thing that really impressed me is that he'd never competed at this level, and he delivered just as we'd planned. We knew that McKillop was going to go hard on the third lap, and nobody else in the field could cover his move. And Liam did."

Liam Stanley GETTY IMAGES

McKillop pulled away from Stanley over the final 200 metres, but Deacon said the Canadian's strength down the homestretch will improve with experience and training.

The lower half of Olympic Stadium was noisy and full, and fans had stood in a long, snaking security lineup to get in more than an hour before the doors opened.

If Stanley was feeling any first-time nerves, he definitely didn't show it.

"And most if not all of the other athletes had raced at that level before, either at the Paralympic Games or the world championships. And Liam hadn't," Deacon added. "I was very impressed with how composed he was."

THE CANADIAN PRESS

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FROM THE EDITORS OF THE KIT compact

RECIPE Mushroom Pear Melt

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Start the week off with a no-stress dinner of a fancied-up grilled cheese sandwich. The swipe of mustard against the sweetness of the pear makes it irresistible.

Ready in 15 minutes
Prep time: 10 minutes
Cook time: 5 minutes
Serves 1

Ingredients
- butter
- cremini mushrooms, thinly sliced
- pumpernickel bread
- Dijon mustard (optional)
- Fontina cheese, grated
- pears, thinly sliced

Directions

1. In a skillet, melt a pat of butter over medium heat. Toss in sliced mushrooms and push around until they soften. Remove from pan and set aside. Wipe pan.

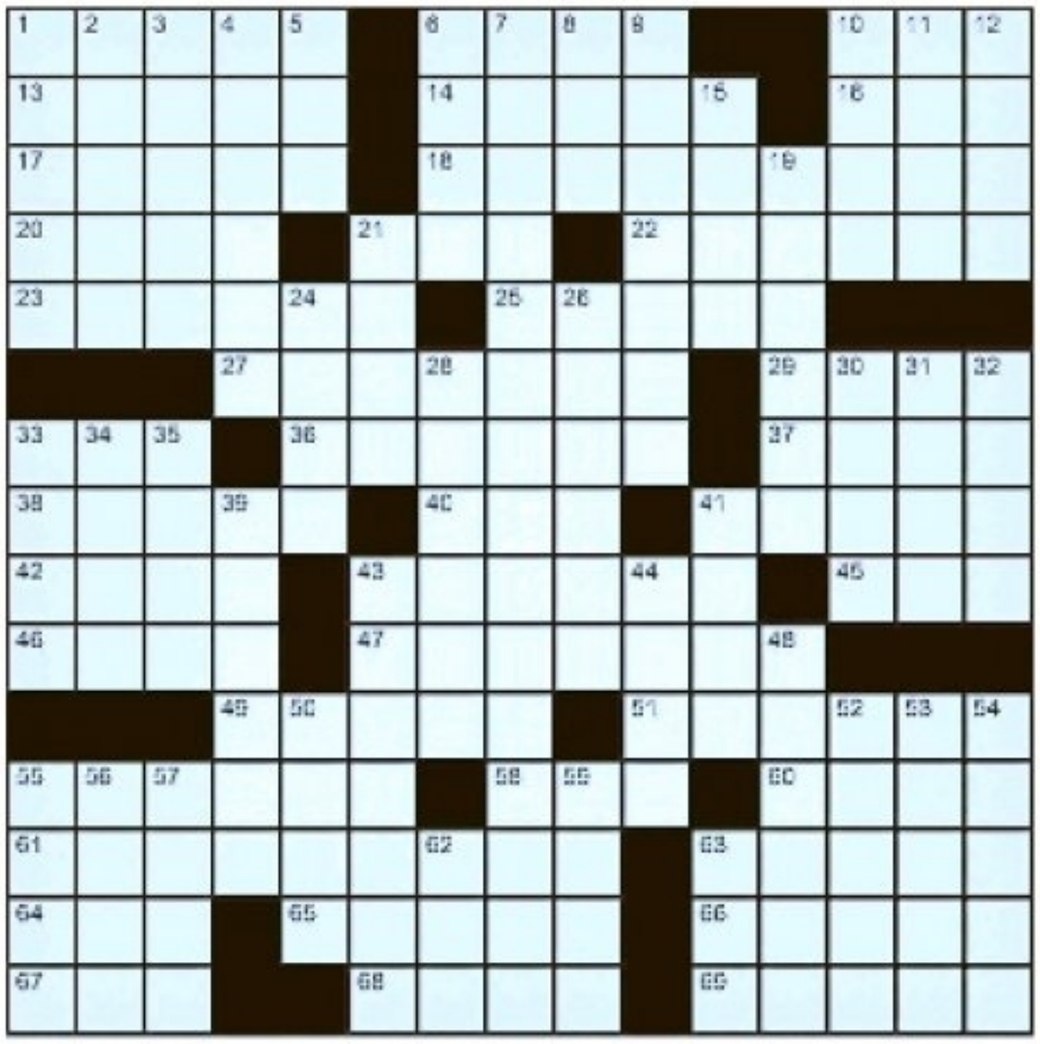
2. Butter bread (and swipe other side with a bit of Dijon for adventurous kids or adults) and place each piece in pan, butter side down. Place a handful of Fontina on each, then press down a couple of slices of pear, followed by a spoonful of mushrooms. Place another piece of pumpernickel on top, butter side out. Let that sizzle away for 2 or 3 minutes, peaking at the underside using a spatula to see that your bread is toasting not burning. Flip it.

3. Allow the sandwich to grill for a couple more minutes then remove from the heat. Cut in half and serve warm.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. To no _ (Waste of time basically)
6. Not _ _ (Not in any way)
10. Frequently, short-style
13. Don't _ words (Tell it like it is)
14. Ms. Blakley of "Nashville" (1975)
16. Giving-driving-directions word
17. Irritate
18. Therapy/care
20. Do part of a cashier's work
21. Lough _ (Lake in Ireland)
22. Unrefined
23. Compound in glass
25. Onward
27. Sweet-talks
29. Hogwash
33. List stopper [abbr.]
36. Promenade proudly
37. Demon
38. Gwen Stefani band, No _
40. Farm animal
41. Questionnaire choice
42. Go _ detail (Elaborate)
43. Bickered
45. 'Bon a _ lecher les doigts' (KFC's 'finger lickin" slogan, in French)
46. "_ Wolf" (1985) starring Michael J. Fox
47. France 1793: Gets Louis XVI's caput
49. Green hue
51. "Anchors Aweigh" military gr.: 2 wds.
55. Capital of Colombia
58. _-en-Provence, France
60. Frozen beverage company
61. Premiering of a product
63. Basketball, for example
64. Electrical resistance unit
65. _ Gwaii (Queen Charlotte Islands, now)
66. Courage
67. Public transit mode
68. Pine for
69. Prefix relating to 'Bones'

DOWN
1. Collect over time
2. Leonardo da _ (b.1452 - d.1519)
3. Year's historic record
4. Like any famous symbol
5. Grazing land
6. Puccini aria: "Vissi d'_"
7. Terrestrial region in the Canadian Shield, Laurentian _ _
8. Dvorak's "Symphony No. 9 _ _ Minor"
9. Earl Grey's decorative warming cover?: 2 wds.
10. Concluded
11. Fish bits
12. "To Kill a Mockingbird" (1962) character, Sheriff Heck _
15. Swanky College Prince William attended
19. Cadaver crawlee
21. Aristocrat of India
24. Fling, as a fisherman
26. "A _ of Their Own" (1992)
28. Nova Scotia's provincial bird
30. Expressions of Eww!-iness
31. Liberate
32. Common household greenery
33. Correct the content
34. Timbre
35. Paul McCartney, The '_' Beatle
39. Candy
41. Un-evens
43. Plains of _ (Historic attraction in Quebec City)
44. Waters: French
48. Wesley of "Passenger 57" (1992)
50. Engrave
52. Put on _ _ (Dress for Winter)
53. Glass, in Gaspe
54. Bryan Adams' "The Best Was _ _ Come"
55. Formless form
56. Honolulu's home
57. Teeth, roots ...whats?
59. Supermarkets, e.g.
62. Ancient Rome's trois
63. TV: Showtime's website, _.com

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
It's Monday, and some people are in a bad mood, especially co-workers and people at work. This means patience is your only recourse to make this day as smooth as possible.

Taurus April 21 - May 21
Parents must be patient with their kids today, because everyone, including children, is argumentative. Try to avoid touchy situations that can trigger conflict.

Gemini May 22 - June 21
Do what you can to keep the peace at home so that you have domestic harmony. Be patient in everything you do, in order to avoid accidents, both verbal and physical.

Cancer June 22 - July 23
This is an accident-prone day, which means you have to pay attention to everything you say and do. Above all, guard against knee-jerk reactions to others. Be cool.

Leo July 24 - Aug. 23
Money squabbles might arise today. This means today is a poor day to discuss something that might trigger these arguments. However, you have the energy to make money.

Virgo Aug. 24 - Sept. 23
Today Mercury is in your sign, at odds with fiery Mars, which can make you touchy and irritable with others. Therefore, practise patience in all your dealings with everyone.

Libra Sept. 24 - Oct. 23
You have lots of intellectual energy today. If you use this mental energy to do research or look for solutions to old problems, you will be pleased with your results.

Scorpio Oct. 24 - Nov. 22
Do not get embroiled in arguments with younger people today or members of groups, because it will be pointless. Choose another day for important discussions..

Sagittarius Nov. 23 - Dec. 21
Your dealings with authority figures — bosses, parents and VIPs — will be challenging today, because people are too quick to disagree and give strong opinions. Keep a low profile if you can. Be smart.

Capricorn Dec. 22 - Jan. 20
Avoid controversial subjects like politics, religion and racial issues today, because many people are just looking for a fight. Focus on preserving your own peace of mind.

Aquarius Jan. 21 - Feb. 19
Disputes about shared property, inheritances and anything that you own jointly with others might arise today. Therefore, postpone these discussions until another day.

Pisces
Feb. 20 - March 20
You might attract someone today who is touchy or defensive. Actually, discussions with friends and partners are equally difficult. This means you have to be tactful.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	3		7		8		5	
		1				8		
	2						1	
		9	2		4	3		
		7				2		
		8	9		6	1		
	5						4	
		6				5		
	9		1		2		6	

FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

8	5	1	9	6	4	3	2	7
9	7	6	2	8	3	4	5	1
3	4	2	1	5	7	9	6	8
1	9	5	6	3	2	7	8	4
4	6	7	8	1	5	2	3	9
2	3	8	7	4	9	5	1	6
7	8	9	5	2	6	1	4	3
6	2	3	4	7	1	8	9	5
5	1	4	3	9	8	6	7	2

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